

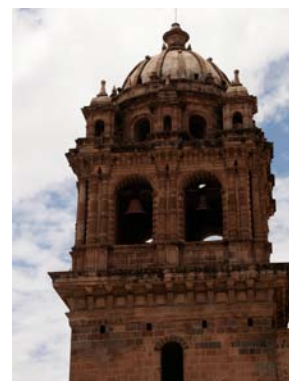
## SACRED VALLEY, PERU SEPT 2 - 12, 2009

### Itinerary Subject to Change

- 1      8/27    Leave USA & Arrive Lima  
              Transfer to Lima Hotel
- 2      8/28    Early flight Lima > Cusco  
              Transfer to Pisac  
              Relax, go to the market and have lunch.  
              4pm: Q'ero shaman will make a despacho (ritual offering) and  
              a cleansing ceremony (which will be narrated/explained). It will  
              be burned afterwards in a ceremonial fire.  
              Sleep at Paz y Luz
- 3      8/29    Morning Yoga  
              9am - 5ish. Workshop introducing the Andean Spiritual Tradition  
              including practical exercises with the 4 elements. Break for  
              lunch and then close with a fire ceremony.  
              Sleep at Paz y Luz
- 4      8/30    7 - 8am guided meditation with Diane  
              Breakfast  
              Guided tour of Pisac ruins  
              Drive to Huaran (1 hr)  
              Afternoon yoga  
              Overnight Green House
- 5      8/31    7 - 8:15am Yoga  
              8:30 Breakfast  
              9:30am Visit Huchuy Qosqo with Picnic. Beautiful scenery, little visited. (6 hrs)  
              Overnight Green House
- 6      9/1     7 - 8:30am Yoga  
              Breakfast  
              10am drive to Mama Kia's orphanage. Project with the children.  
              Optional afternoon hike  
              Overnight Green House
- 7      9/2     7 - 8:30am Yoga  
              Breakfast  
              10am Biking or horseback visit to Moray, Maras and Salt pans. (5 hrs)  
              Overnight Green House
- 8      9/3     Morning river rafting for aprox 2 hours. Brunch after the rafting and  
              guided tour in Ollantaytambo ruins and town. Take the train to Aguas  
              Calientes. Sleep at Aguas Calientes hotel.
- 9      9/4     5:30am Get on the bus to Machu Picchu. We will enter Huayna Picchu, and  
              walk down to the Moon Temple. Then come back to Machu Picchu and have  
              a two hour tour there. Come down to Aguas Calientes, enjoy lunch and take  
              the train back to Ollantaytambo. The transport will pick us up and take us to  
              the hotel in Cusco. Overnight Cusco
- 10     9/5     Morning Yoga  
              Visit 2 ruins, Quengo and Sacsayhuamán near the city.  
              Lunch at Pacha papa (Peruvian cuisine). Free afternoon to shop.  
              Dinner at Ciccionlina's. Sleep at Cusco hotel.
- 11     9/6     Transfer to the airport to take flight to Lima. City tour of Lima (Visit Miraflores,  
              Colonial Lima, San Francisco, Gold Museum). Evening fly to USA



The Green House



**OPTIONAL EXTENSION:  
MT. SALKANTAY TREK  
SEPT 6 - 10, 2009**

**DAY 1: Cusco - Mollepata - Soraypampa - Huayracmachay**

Early morning start, our private transport will take us to Soraypampa community passing Izcuchaca, Limatambo and Mollepata villages. After loading our horses with all the equipment we will start by walking uphill along side the beautiful Mollepata andean valley, set at the foot of Humantay snow peak (5,910 masl / 19,390 ft). The views to the valleys of Curahuasi and Apurímac are truly spectacular.

We continue towards Soyrococha (4,400 masl / 14,436 ft), enjoying the impressive views to the west side of Salcantay snow peak (6,264 masl / 20,551 ft). We will cross the mountain pass (4,650 masl / 15,256 ft), with a constant view of the snow peak, with luck, we may have the pleasure of spotting some condors. Soon after, we will see the remains of an Inca trail (6 meter wide) and reach our first campsite at Huayracmachay (3,800 masl / 12,467 ft).

**DAY 2: FROM Huayracmachay TO Wiñaypoko**

After a delicious breakfast we will start the descent towards Salcantay canyon. The arid landscape starts to convert into a cloud forest with trees covered by bromelids. It will take approximately three hours to reach the settlement of Challway and another hour and a half to reach the town of Colpapampa, from where the Salcantay river turns into the Santa Teresa river. After a short rest, we will continue our descent to the shores of Tatora river, were we can enjoy the medicinal hot springs. Following the Santa Teresa river we will pass the Coripacchi waterfall until we reach our second camp site at Wiñaypoko (2,800 msnm / 9,186 ft). Dinner will be served under the stars accompanied by a good wine, which you can enjoy by the fire.

**DAY 3: Rest & Relax at the Hot springs!**

**DAY 4: FROM Wiñaypoko TO Aguas Calientes**

Our last day will involve a trek to La Playa by the north side of Santa Teresa River where you can see the banana, coffee and avocado plantations. We will enter the territory of the "oso de anteojos" (spectacle bear) and have the possibility of being accompanied by a flock of parrots. From La Playa, we will be driven by truck to Santa Teresa (1,500 msnm / 4,921 ft), and from here we will change trucks and continue another 30 minutes to Hidroeléctrica to take the train to Ollantaytambo. Transport to Cusco. Overnight Cusco.

**DAY 4: Cusco to USA**

Transfer to the airport to take flight to Lima. City tour of Lima (Visit Miraflores, Colonial Lima, San Francisco, Gold Museum). Evening fly to USA.

**This trip operated by Munachya Travels. Redback leaders will not be on this portion. You are responsible for hotel in Cusco but we can arrange your reservation if needed.**

**For more information visit: [www.munaycha.com/hiking/salcantay.htm](http://www.munaycha.com/hiking/salcantay.htm)**

**Pricing:**

**2 people: \$1050**

**3 people: \$825**

**4-6: \$750**

**7-9: \$625**

